

2025 TRIBAL ELDER FOOD BOX NEWSLETTER

Week 9: 9/22-9/26



Food & Farms Represented In This Week's Box

*Indicates Indigenously produced

*Red Cliff Fish Company - Smoked Chunk Whitefish
Great Northern Bison - Ground Bison
Meadowlark Organics - Red Cayenne Beans
Bushel and a Peck - Apples
*KnL Organics & Healthy Ridge Farms - Garlic Bulbs
Cattail Organics - Green Kale
We Grow - Red Cabbage
Chippewa Valley Produce - Yellow Onions
JL Produce & Chee's Fresh Produce - Tomatoes
JY Produce, Chee's Fresh Produce & JL Produce - Green Beans
Greenbush Growing Cooperative - Ground Cherries & Poblano Peppers
SLO Farmers Cooperative - Poblano Peppers
*Off the Trail - Pear Sauce
*Sterling Sports - Honey

We appreciate your feedback!



Please share photos, recipes, and stories with the foods from the Tribal Elder Food Box program with us.

Contact us at:

admin@greatlakesintertribalfood.org

Scan the QR code to visit our website!



SMOKED WHITEFISH STEW

PREP TIME - 10MIN

COOK TIME - 40MIN

SERVES - 4-6PEOPLE



INGREDIENTS

- 3 TABLESPOONS OLIVE OIL
- 1 MEDIUM YELLOW ONION (THINLY SLICED)
- 2 CLOVES GARLIC
- 28 OUNCE CAN OF PLUM TOMATOES (CHOPPED)
- 2 TABLESPOONS TOMATO PASTE
- ½ TEASPOON CRUSHED RED PEPPER FLAKES
- 1 TEASPOON CURRY POWDER
- 1 QUART VEGETABLE STOCK (HOMEMADE OR STORE BOUGHT)
- 2 POUNDS ACME SMOKED WHITEFISH (FLAKED)
- 3 LEAVES TUSCAN KALE [LARGE, STEMS REMOVED, THINLY SLICED (ABOUT 1 CUP)]
- SALT & FRESH GROUND PEPPER (TO TASTE)

DIRECTIONS

1. HEAT OLIVE OIL IN LARGE HEAVY SAUCEPAN. ADD ONIONS AND SAUTÉ UNTIL CARAMELIZED, ABOUT 15 MINUTES. ADD GARLIC AND SAUTÉ 1 MINUTE. ADD TOMATOES, TOMATO PASTE, RED PEPPER, CURRY POWDER AND VEGETABLE STOCK. BRING TO A BOIL THEN REDUCE TO A SIMMER AND COOK 15 MINUTES.
2. STEW MAY BE MADE UP TO THIS POINT TWO DAYS AHEAD. REHEAT GENTLY AND PROCEED.
3. ADD THE SMOKED WHITEFISH AND SIMMER FOR 10 MINUTES. STIR IN KALE FOR LAST MINUTE OF COOKING. SEASON TO TASTE WITH SALT AND PEPPER.



CLASSIC SWEET AND SOUR RED CABBAGE WITH APPLES

INGREDIENTS

- 2 TABLESPOONS OLIVE OIL
- 1 SMALL HEAD OF CABBAGE OR HALF OF A LARGE HEAD (8 CUPS OF RED CABBAGE, THINLY SLICED)
- 1 RED ONION, CHOPPED
- 1 1/2 TEASPOONS SALT
- 2 GRANNY SMITH GREEN APPLES, CORED AND SLICED, AND CUT INTO BITE-SIZE PIECES
- 1/4 CUP WATER*
- GROUND BLACK PEPPER TO TASTE
- 1 - 2 TABLESPOONS HONEY
- 2 TABLESPOONS APPLE CIDER VINEGAR
- BALSAMIC VINEGAR GLAZE IS OPTIONAL, AND READ THE LABEL ON THE STORE-BOUGHT FOR ADDED SUGAR.

INSTRUCTIONS

1. CUT CABBAGE - REMOVE THE OUTSIDE LEAVES OF THE CABBAGE. TRIM THE END OF THE CABBAGE. CUT THE CABBAGE IN HALF AND THEN QUARTERS. REMOVE THE CORE BY CUTTING AT AN ANGLE—CUT CABBAGE INTO THIN STRIPS ON THE SHORT END OF THE QUARTERED PIECES WITH A KNIFE. DISCARD OR COMPOST OUTER LEAVES AND CORE. **
2. COOK CABBAGE: HEAT OIL IN A MEDIUM-SIZED SAUCEPAN. STIR IN CABBAGE, ONION, AND SALT AND SAUTE UNTIL CABBAGE STARTS TO WILT FOR ABOUT 5 MINUTES. STIR IN APPLE AND WATER, SALT, AND PEPPER—COVER AND SIMMER FOR ABOUT 15 - 20 MINUTES OR WHEN THE APPLES AND CABBAGE ARE SOFT.
3. MIX SWEET-SOUR SAUCE: POUR VINEGAR AND HONEY INTO A SMALL BOWL AND WHISK TO COMBINE. ADD SAUCE TO THE CABBAGE AND STIR TO COMBINE. COOK ANOTHER 5 TO 6 MINUTES. PLACE CABBAGE MIXTURE INTO A SERVING BOWL AND DRIZZLE WITH BALSAMIC GLAZE, IF DESIRED.

